



**GOSHEN**  
**CENTER FOR CANCER CARE**  
*True. Care.*

200 High Park Avenue, Goshen, Indiana 46526

Brought to you by Goshen Health System

# The Link for Hope

A newsletter of the Goshen Cancer Survivor Network January 2011



Photo by Sibyl Deacon



## inthisissue

Living with Cancer

Relay for Life

Naturopathic Residency

Look Good... Feel Better: Feb 7

## Save the Date:

True Celebration, May 15, 2011

# Journey with Susan

*By Susan Geist Smith, Survivor, mantle cell lymphoma*



Susan Geist Smith and husband Larry

I'm not special. Many of us have been on this journey. Cancer is all around us, different types, different outcomes, but it's a word that puts fear into the hearts of all it touches. A cancer diagnosis does not make life un-certain, it just reminds us of the fact that no one has any more time than this moment right now.

I'm a speech clinician for school children, so I know the anatomy of the mouth. In March, 2008, I felt a lump in the top of my mouth. I knew it wasn't normal. Even so, I waited until my dental appointment in May. One look in my mouth and the dentist sent me to an oral surgeon who immediately took a biopsy. I waited five days for the report. Many of you have waited for such reports. I certainly did not have time for illness. We were moving from Angola to Elkhart, but on May 22<sup>nd</sup> I heard "You have cancer." In a state of shock, I went

*Continued on inside right panel*

# LIVING WITH CANCER SUPPORT & EDUCATION

The winter series of Living with Cancer Support and Education will begin January 18<sup>th</sup> and conclude March 8<sup>th</sup>. Sessions will be held each Tuesday from 4:30 – 6:00 p.m. in the upper level conference room at Goshen Center for Cancer Care. Sessions provide education on a cancer related topic, as well as time for group interaction. Groups are facilitated by mind-body counselors Rita Gingrich, MSW, LCSW and Pat Shoemaker, MSW, LSW. Group sessions are available free of charge to any cancer patient, family member or friend. Registration is not necessary.

If you are a patient of Goshen Center for Cancer Care you may also receive professional counseling to provide emotional support, assist you in coping with treatment, and guide you to resources that can make you better able to focus on your health. Please call 574.535.2888 (toll free 1.866.711.2888) if you are interested in scheduling individual or family counseling.

## Jan. 18

*Thoughts, Emotions, and Hope:* Examine the mind-body connection and its role in cancer wellness. Experience hope through mutually shared stories. (Rita Gingrich, MSW, LCSW, and Pat Shoemaker, MSW, LSW, PNI Counselors)

## Jan. 25

*Mandala Art:* The word “mandala” is a word for wholeness/circle. Creating a mandala is easy, comforting, relaxing, and centering. This activity welcomes all, including those who self-identify as “non-artists”. Come and be pleasantly surprised by this calming art. (Pat Shoemaker, MSW, LSW, PNI Counselor)

## Feb. 1

*Ask an Oncologist:* What is cancer? How did I get it? How will I know if treatment is working? Come to this conversational question and answer session with a medical oncologist. (Dr. Ebenezer Kio, Medical Oncologist)

## Feb. 8

*The Power of Tears:* We are often told that a good cry will help us feel better. Whether we laugh until we cry, or we shed tears of sadness, tears do help us feel better. Learn the function and health benefits (yes, benefits!) of this very natural expression of emotion. (Rita Gingrich, MSW, LCSW, PNI Counselor)

## Feb.15

*Managing your Pain:* Not all people with cancer will have pain. However, one of the most feared symptoms of the cancer diagnosis is out-of-control pain. Learn about various successful approaches to making pain more manageable and making you more comfortable. (Leah Miller, Nurse Practitioner, Pain Management)

## Feb. 22

*Autogenics:* Learn a relaxation technique to help balance your stress response. Come and learn how incorporating this technique into your daily life can offer health benefits such as: lowering the blood pressure, slowing the heart rate, and boosting the immune system. (Dr. Brita Mutti, ND)

## March 1

*The Power of Laughter:* Come and discover the wonderful benefits of laughter for mental and physical well being. Laughter is good medicine. Come and get a free dose! (Pat Shoemaker, MSW, LSW, PNI Counselor)

## March 8

*Walking the Labyrinth:* Find a path to inner peace by walking the labyrinth, a tool for relaxation and healing. (Rita Gingrich, MSW, LCSW, PNI Counselor)



## Relay for Life: Pink Flamingos!

Time to get ready for the 2011 Relay for Life to celebrate more birthdays! Sponsored by the American Cancer Society, Relay for Life of Goshen will be held June 11 – 12 on the Goshen High School campus. Relay will begin at noon with a survivor luncheon that includes a survivor count down, survivor speaker and care giver recognition. At 2 p.m., survivors and caregivers will walk the first lap in celebration of survivorship.

For more information or to participate in Relay 2011, register at [www.RelayforLife.org/EikhartCountySouthIN](http://www.RelayforLife.org/EikhartCountySouthIN). Information about the Relay Kick Off in mid-February will also be available on the website.

Traveling pink flamingos will begin the fundraising season Friday, April 1. If you would like a flock of pink flamingos to visit your friend or neighbor's front yard, call Angie Weybright at 574.527.4796. Pink flamingo visitation is available for a minimum 48 hour period for \$25. Insurance protection against flocking may also be obtained for \$10 by calling Angie Weybright. ■

# NATUROPATHIC RESIDENCY

By Emily Moore, ND, LAc

Goshen Center for Cancer Care (CCC) provides one of the few oncology residency programs in the country for graduating Naturopathic Physicians (NDs). After graduating from an accredited naturopathic medical school and passing national board exams, these new doctors spend two years working with our staff. The residency program provides an in-depth education in oncology, while giving these doctors the opportunity to work with patients as they go through cancer treatment.

Goals of naturopathic oncology include: enhancing conventional cancer treatments while preventing side effects, long term immune support and cancer prevention, and holistic and healthy living strategies. All patients are encouraged to meet with one of our Naturopathic Physicians, and appointments are available at no cost.

Meet our Naturopathic Residents:

**Leah Sherman, ND** is starting her second year residency at CCC. Sherman obtained her doctorate



Dr. Brita Mutti and Dr. Leah Sherman

in Naturopathic medicine from the National College of Natural Medicine, Portland, Oregon. Dr. Sherman came to Goshen after completing a two year General and Integrative Medicine residency in Portland. Sherman received a Bachelor of Fine Arts in Medical Illustration from Virginia Commonwealth University, Richmond, Virginia. Dr. Sherman resides in Goshen with her dog, a Great Pyrenees/Anatolian Shepherd named JuJu.

**Brita Mutti, ND** is starting her first year residency at CCC. Mutti is a graduate of Bastyr University, Seattle, Washington with a doctorate degree in Naturopathic Medicine. Mutti received a Bachelor of Fine Arts from Knox College, Galesburg, Illinois. Dr. Mutti resides in Goshen with her husband Jamie and three year old son, Schuyler. ■

## *Journey with Susan: Continued from cover*

home to tell Larry, my husband. We hugged and prayed. When I went to work the next day, I told my co-workers that "I knew my mouth would get me into trouble some day." We laughed and cried, and many of my co-workers became my supporters that day.

The next few weeks were a blur of blood tests, lymph node surgery, biopsies, and scans, prodding and probing. Finally on June 17<sup>th</sup>, my husband and I sat in a Ft. Wayne doctor's office and heard the news, "You have stage 4 mantel cell lymphoma and I want you in the hospital tomorrow." "Wait, I said, my daughter is getting married in 3 days!" I didn't feel sick, so I asked him, "What if I do nothing?" He looked me in the eye and said "I give you about six months without treatment." So, on Saturday my daughter got married and on Tuesday I began my first round of inpatient chemotherapy. After five days in the hospital, I came home and immediately caught a cold. The on-call doctor told me that I needed to go back into the hospital because my white count was dangerously low. It was July 3<sup>rd</sup> and I did not want to go to the hospital! He was the eighth doctor I had seen in three weeks. In broken English he said "You not go hospital, you sign paper you not sue me." I went to the hospital, but decided that I needed to find new care as soon as we moved to Elkhart. I came to Goshen Center for Cancer Care because of its reputation for caring for the whole person, body, mind and spirit.

We moved to Elkhart that summer, and for seven months I went in and out of Goshen Hospital. Five days inpatient, home for 17 days and then back again to complete eight rounds of chemotherapy. I talked, prayed and laughed with my nurses, and I typed. Thankfully, I felt good a lot of the time and that allowed me to create my internet blog **www.journeywithsus.typepad.com**. This blog was and still is my journal of events and thoughts. By the end of August 2008 over 5,000 people had visited my site. That was humbling. People told me that the blog allowed them to understand what people with cancer went through.

I came to Goshen for care of the body, mind and spirit, and that is exactly what I got. Thank you Dr. Westbrook, nurses and staff. Your skill and the Grace of God are why I am alive today. I am now two years into remission from mantel cell lymphoma. My priorities have changed. I think more about my purpose in life. Whatever you do, you are making a statement of priorities and purpose. This is true if you are tucking your child into bed or sitting in a room with another chemo patient. I have a sign that hangs over my desk at work: *The world is not perfect, but I have chosen to look beyond the imperfections.* I choose to live without regret or fear. None of us know what tomorrow will bring OR if we will have a tomorrow. It is what we do with our time that makes the difference. *Live in the present, because the present is a gift.* ■

# LOOK GOOD... FEEL BETTER

## JOIN US! FEBRUARY 7

If you are a woman undergoing chemotherapy or radiotherapy for cancer, then you have firsthand knowledge of the treatment related changes that often occur to your skin, nails and hair. Although it's not possible to stop these changes, there are ways to deal with them.

*Look Good...Feel Better* (LGFB) is a program of the American Cancer Society (ACS) designed to help women deal with treatment related changes to their appearance. LGFB provides free personal product makeup kits, licensed cosmetologists, and application technique instruction in small group personal make over sessions.

Goshen Center for Cancer Care will host *Look Good... Feel Better* on Monday, February 7 from 9:00 a.m. – 11:00 a.m. in the lower level conference room. Women in treatment for cancer who have not already attended a session are welcome to register for this free event.

Each LGFB session is led by an ACS volunteer licensed cosmetologist, many of whom are cancer survivors. To attend the February 7 session at Goshen Center for Cancer Care, call the ACS at 1.877.499.4673. In



Vicky Claycomb, cosmetologist, Janice Wesen, participant, Kathy Deka, American Cancer Society

addition to your contact information, they will request your skin tone for your personal product kit. Make your reservations now, space is limited.

Items in the personal product kits are donated by companies such as Chanel, Mary Kay, Max Factor, L'Oreal, Lancôme, Clinique and other members of the Personal Care Products Association. Nationally, ACS distributes 50,000 personal product makeup kits throughout the country each year in *Look Good...Feel Better* sessions.

Wigs are also available free of charge at *Look Good... Feel Better* sessions. The ACS maintains a national wig bank which receives and distributes wigs from companies such as Paula Young, Inc., Raquel Welch Wigs, and Gabor Wigs. ■



## Coordinator's Corner

I'm sure many of you have heard the news that this month, Goshen General Hospital will become Indiana University Health Goshen Hospital. This name change is part of Goshen Health System's longstanding partnership with Clarian Health, soon to be IU Health. You may have heard discussions about this – and it is exciting news for those of us at Goshen Center for Cancer Care because it more accurately reflects who we are as part of the Indiana University Health System.

Goshen Health System has been part of Clarian/IU Health for 10 years, and the name change to IU Health Goshen Hospital is about highlighting the innovative technology and research capabilities we have through our relationship with IU School of Medicine.

Goshen Health System continues to be community owned, with all operational decisions made locally. Our patients are our focus; there is nothing more important to us. Providing innovative, outstanding care and services remain our number one priority. The new IU Health logo next to Goshen Center for Cancer Care will continue to provide you with the very best in cancer care, both now and far into the future. ■

Wishing for warm weather! ~ Sandy

### CONTACT INFO

574.535.2922

scarbone@goshenhealth.com

www.goshensurvivors.org